

WHAT IS CLAIMED IS:

1. A method for increasing the health and appearance of the hair and scalp by supplying oxygen directly to the scalp and hair, said method comprising:

[a] first wetting the hair and scalp;

[b] secondly, applying to the scalp and hair a cosmetic shampoo with pH adjusted between 8.0 and 11.0; and

[c] thirdly applying to the scalp and hair a conditioning cream containing from 1.0% to 4.0% hydrogen peroxide wherein the pH of the scalp remains between 8.0 and 11.0.

2. The method of claim 1 wherein the dissolved oxygen is generated in one minute or less.

3. The method of claim 1 wherein the shampoo contains a mixture of non-ionic, amphoteric and anionic surfactants.

4. The method of claim 1 wherein the pH is adjusted with sodium bi-carbonate.

5. The method of claim 1 wherein the conditioner contains hydrogen peroxide in an amount from 1 to 3 parts by weight

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